



Lentil Soup

Serves eight

3 cups raw lentils – thoroughly rinsed
1 tsp. salt
8 cups water
2 TBS olive oil
1 small white onion – coarsely chopped
½ a bell pepper – chopped
2 celery stalks – chopped
2 garlic cloves – minced
1 chili pepper – membrane and seeds removed – chopped (optional)
2 carrots – peeled and diced
½ TBS dry oregano
1 tsp. paprika
1 tsp. cumin
3 small tomatoes – peeled and chopped
½ TBS honey
1 TBS Balsamic vinegar
1 TBS lemon juice
Salt & Pepper

Place the lentils, salt and water in a large pot and simmer for about 1 ½ hours. Add more water if necessary.

Heat the oil in a skillet. Add the onion, bell pepper, celery, garlic, chili pepper and carrots. Sauté for about 5 to 6 minutes until vegetables are softened. Add the vegetables to the lentils. Add the oregano, cumin and paprika. Season with salt and pepper. Simmer for another 45 minutes.

Add the tomatoes, honey, vinegar and lemon juice. Mix well. Simmer for an extra 30 minutes. Serve and enjoy with crusty bread. You can garnish with chopped parsley and chopped green scallions.

CALORIES 246.75; FAT 0.9 grs (sat 0.13; mono 0.13; poly 0.38); PROTEIN 15.92 grs ; FIBER 8.06 grs; CARBS 44.79 grs; CHOLESTEROL 0.00 mg; IRON 4.96 mg; SODIUM 604.69 mg; CALCIUM 64.67 mg